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# TONE TO GO

## EVA MENDES TAKES HER WORKOUT FOR A WALK {page 10}



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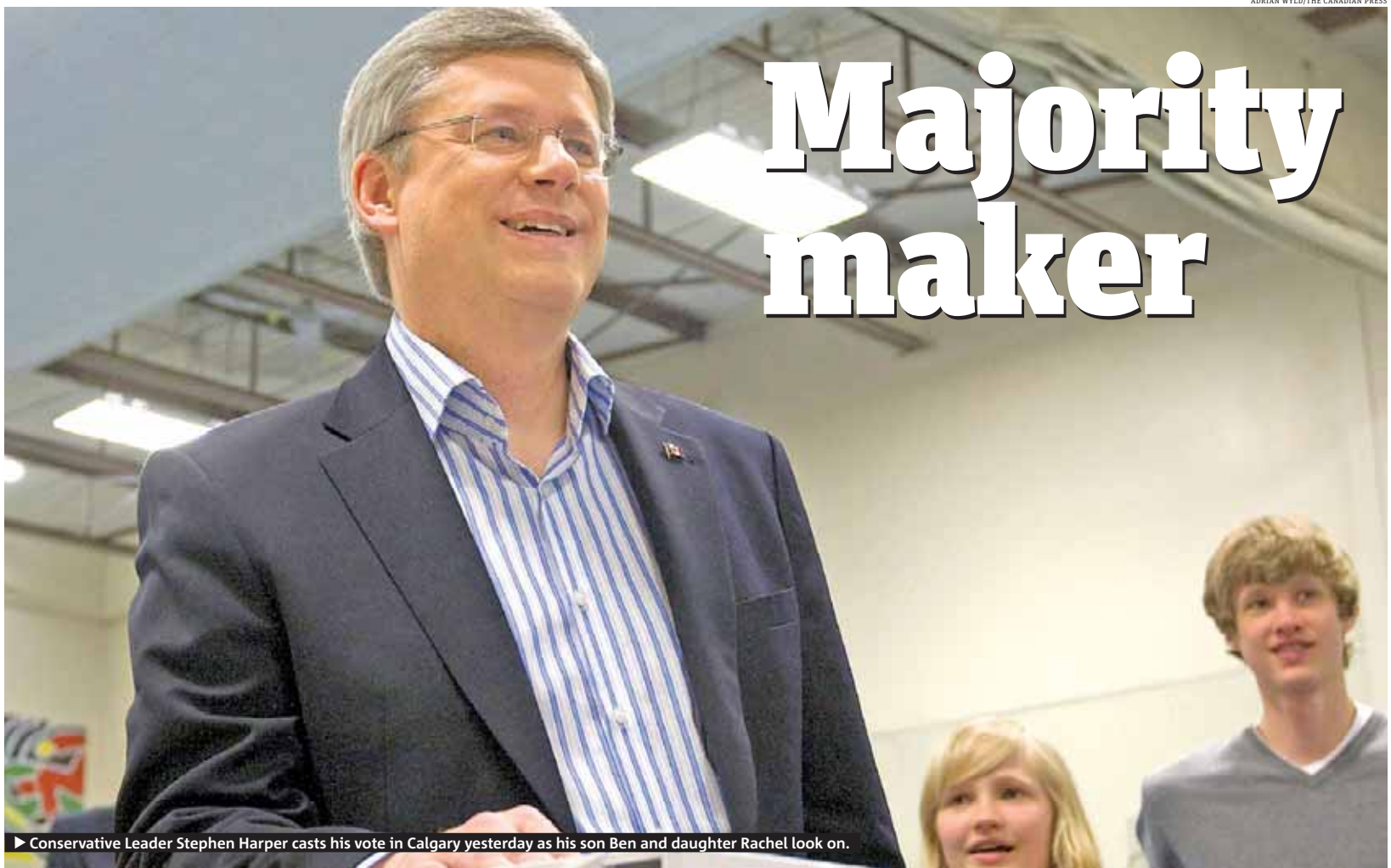
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# metro®

Tuesday, May 3, 2011  
[www.metronews.ca](http://www.metronews.ca)

News worth sharing.

ADRIAN WYLD/THE CANADIAN PRESS



► Conservative Leader Stephen Harper casts his vote in Calgary yesterday as his son Ben and daughter Rachel look on.

► Riding results from across Edmonton  
► Winners declared ► Vote tallies for each of the candidates tell the full story {page 3}

► Tories glory in long-sought majority  
► NDP surge to form official opposition  
► Liberals crushed, Bloc toppled {page 6}

### Buried at sea

## Death of bin Laden continues to reverberate

► As Americans celebrate, world awaits new tape from slain al-Qaida leader {page 7}

### Technology

## Research in very slow motion

► Observers predict RIM will be left behind by the time new BlackBerrys come out {page 8}

### Crossing the lines

## Painting the town's roads

► City experiments with pavement markings said to stand up to winter {page 4}

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## Fire dept. rescues pitbull from blaze

One lucky dog has fire-fighters to thank for its life after a blaze at a pet food store yesterday.

Edmonton Fire Rescue crews responded to Doggie Deli at 4:15 p.m., to find it filled with smoke.

Other businesses at 151 Street and Stony Plain Road were evacuated and the fire was quickly under control.

Three pitbulls suffered smoke inhalation, and firefighters successfully revived one with a special oxygen mask. The other two dogs died from their injuries.

The blaze is being investigated.

● METRO

## Baby killer's conviction adjusted

The Alberta Court of Appeal has set aside a woman's second-degree murder conviction in her newborn's death and replaced it with infanticide.

Katrina Effort of Wetaskiwin, Alta., admitted that she killed her baby boy in 2005 when she was 19 after she secretly gave birth. She said she threw the baby's body into a neighbour's yard.

She was convicted in June 2009 and sentenced to life in prison with no possibility of parole for 10 years. **THE CANADIAN PRESS**

# Sailing a C of blue

► Few local surprises as Tory incumbents retain seats ► NDP's sole seat in Strathcona riding key for new Opposition ► Results as of 10:30 p.m.



**Edmonton Centre**  
**Laurie Hawn, CPC: 18,787**  
Mary MacDonald, LPC: 8,681  
Lewis Cardinal, NDP: 10,400  
David Parker, GPC: 1,339



**Edmonton-Sherwood Park**  
**Tim Uppal, CPC: 22,530**  
James Ford, Ind.: 14,756  
Rick Szostak, LPC: 3,767  
Mike Scott, NDP: 7,553  
Chris Vallee, GPC: 1,781



**Edmonton-Strathcona**  
**Linda Duncan, NDP: 20,589**  
Ryan Hastman, CPC: 15,639  
Matthew Sinclair, LPC: 1,100  
Andrew Fehr, GPC: 933



**Edmonton-Mill Woods-Beaumont**  
**Mike Lake, CPC: 24,058**  
Michael Butler, LPC: 4,311  
Nadine Bailey, NDP: 9,411  
Christa Baxter, GPC: 1,166



**Edmonton-St. Albert**  
**Brent Rathgeber, CPC: 34,004**  
Brian Labelle, NDP: 11,517  
Kevin Taron, LPC: 5,706  
Peter Johnston, GPC: 2,389



**Edmonton-Spruce Grove**  
**Rona Ambrose, CPC: 40,015**  
Chris Austin, LPC: 5,200  
Catherine Chaulk-Stokes, NDP: 8,797  
Eric Skonberg, GPC: 2,155



**Edmonton East**  
**Peter Goldring, CPC: 22,199**  
Trey Capnerhurst, GPC: 1,246  
Shafik Ruda, LPC: 2,821  
Ray Martin, NDP: 1,5932



**Edmonton-Leduc**  
**James Rajotte, CPC: 35,056**  
Artem Medvedev, NDP: 10,944  
Donna Lynn Smith, LPC: 6,832  
Valerie Kennedy, GPC: 2,733

In the most-watched Alberta race, Edmonton-Strathcona incumbent Linda Duncan kept her grip on the sole NDP seat against Tory Ryan Hastman.

Political scientist Dr. Chaldeans Mensah credited her win to netting the anti-Harper vote.

"Again we saw how effective Linda Duncan is in her ability to organize a grassroots following and get her message out," said the Grant MacEwan political science chair.

The Opposition upset is

good news for Alberta overall, said Mensah.

"We saw a realignment of Conservatives on one side and a strong Opposition of the NDP on the other — it will make for an entertaining House of Commons."

Other projected close races included Edmonton Centre MP Laurie Hawn, who won by a wide margin over Liberal Mary MacDonald and NDP Lewis Cardinal. In Sherwood Park indie conservative James Ford took on Conservative Tim

Uppal, but lost to his longtime rival.

It was predictably all blue skies elsewhere.

Peter Goldring proved Edmonton East voters are true blue, despite that riding being the first orange seat ever.

Also keeping seats were Edmonton-St. Albert's Brent Rathgeber, Edmonton-Mill Woods-Beaumont's Mike Lake, Edmonton-Spruce Grove's four-time MP Rona Ambrose and Edmonton-Leduc's James Rajotte.

● SHELLEY WILLIAMSON

### Close calls

► Edmonton-Strathcona was also a close race in 2008, when Linda Duncan won her NDP seat over four-term Conservative MP Rahim Jaffer by just 462 votes.

► Conservative Tim Uppal won his Edmonton-Sherwood Park seat in 2008 by just three points, but that lead grew to 44 per cent over indie conservative James Ford last night.

# 1

  
news


Risks, shmisks: Site of Japan's nuclear disaster becomes a tourist attraction.

To scan 2D barcodes in Metro, download the free ScanLife app at [2dscan.com](http://2dscan.com).

On the web at [metronews.ca](http://metronews.ca)

**Allan Small on the impact skyrocketing gold and silver prices may have on investors.**

**More at [metronews.ca/investing](http://metronews.ca/investing)**

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## CHURCHILL SQUARE

**City gets proactive in case of emergency**

Churchill Square played host to the kickoff event for National Emergency Preparedness Week yesterday morning.

Coun. Kim Krushell was in attendance to bring awareness to the importance of being

prepared in case of an emergency.

"A lot of people don't think about it," she said. "They wait for the emergency to hit, and that's not very proactive."

The director of the City of Edmonton's Office of Emergency Preparedness, Dave Galea, stressed how having a 72-hour emergency kit assembled can prevent the worst.

● NANCY GORDY



For more news, visit [metronews.ca](http://metronews.ca)

**Teen killed in collision with truck**

A 15-year-old is dead after trying to cross Highway 18 near Barrhead on his quad Sunday. The boy collided with a tractor-trailer unit, RCMP said. Alcohol was not a factor. ● METRO

**Grader operator gets 30 days**

A 28-year-old man caught driving a grader in January with a blood alcohol level higher than .08 has been sentenced to 30 days in jail.

● METRO

# City testing out new road paint

► Absence of lines apparent in some areas after another harsh winter



NANCY GORDY  
EDMONTON@METRONEWS.CA

The City of Edmonton is testing a different kind of road paint in hopes of finding an alternative to repainting several areas come each spring.

Dave Sawatski, supervisor of special projects and pavement markings, says that the paint is being tested for several factors, mainly if it will hold up better against our harsh winters.

Edmonton commuter Steven Hodges is in favour of a longer-lasting paint. "I will support whatever



► Children cross the newly painted crosswalk on 82 Street and Jasper Avenue yesterday afternoon.

allows drivers to see the road easier," Hodges said. "It's unsafe when

someone is driving and doesn't know which lane they're in."

**Details**

- Other cities such as Calgary are testing longer-lasting road paint as well.
- Road markings are worn down due to plowing and sanding during the winter months.
- In order to begin painting, temperatures must be above 5 C.

Sawatski says the paint being tested is water-based and better quality, but comes at a higher cost.

Smaller maintenance areas such as crosswalks will be painted first.

## BBA: THE DEGREE THAT DELIVERS

Alexandria Mah works full-time as a Revenue Canada auditor, plays intercollegiate soccer for the NAIT Oaks, and is pursuing both a degree and a CGA credential. She needed a degree program that delivered flexibility and results – and found it in NAIT's Bachelor of Business Administration.

The BBA builds on Alexandria's previous JR Shaw School of Business diploma, allowing her to finish quickly and work toward her accounting designation at the same time. And the choice of full-time, part-time and online course options means she can tailor her studies to fit her busy schedule.

Find out what NAIT's BBA can deliver for you.



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## Learn about benefits of living near transit

The first in a series of public open houses about transit-oriented development (TOD) will take place tonight at Avonmore Elementary School.

The City of Edmonton has prepared draft

guidelines for TOD, which concentrates on housing, shopping and employment along a network of walkable and bikeable streets within five minutes of a transit hub.

Any feedback will be considered before the draft guidelines are put before city council later this year.

There will be four more open houses this month. All begin at 7 p.m. For locations, visit [edmonton.ca](http://edmonton.ca).

● METRO



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# Monumental shift in the political landscape

- Tories win coveted majority
- NDP made official Opposition



Stephen Harper has sealed his place in the history books, winning a Conservative majority to ensure four uninterrupted years of power and a seat in the Tory pantheon.

Aided by an ascendant NDP that helped split the vote, Harper won his first majority after two successive minority governments that many pundits and pollsters wrongly believed marked a glass ceiling for the former Reform party

founder. Harper also delivered a historic defeat to Michael Ignatieff's Liberals, who fell to third place in the seat standings behind the NDP.

The Liberal leader didn't immediately offer his resignation. Rather, Ignatieff — who lost his own seat — placed his fate in the hands of party faithful, who are divided over what should happen next.

The NDP rode a mid-campaign surge of support to an orange revolution of sorts, becoming Canada's official Opposition for the first time. **THE CANADIAN PRESS**



► Jack Layton watches the election results with his wife, Olivia Chow, in the presidential suite last night at the Intercontinental Hotel in Toronto.

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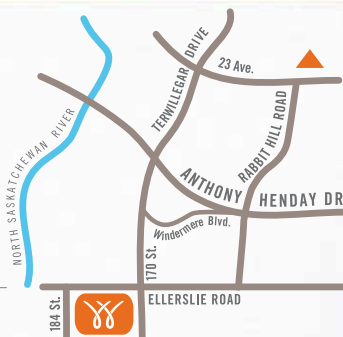
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# Details emerge on top-secret hunt for Osama

► As part of Islamic tradition, bin Laden's remains wrapped in white sheet ► Buried in North Arabian sea

JOHN HEILPRIN/THE ASSOCIATED PRESS



► Swiss-born Carmen Binladin, who separated from Osama Bin Laden's older brother Yeslam 20 years ago, said at a Geneva hotel yesterday that her former brother-in-law would have chosen death over capture. Binladin spells her surname differently than Osama and his family.

U.S. officials revealed details yesterday of the daring raid in Pakistan in which elite American forces killed Osama bin Laden — and how they confirmed that the man they killed was the world's most-wanted terrorist leader.

Bin Laden, the al-Qaida leader and architect of the Sept. 11, 2001, attacks, was shot in the head in a fire-fight in Pakistan Sunday night. He was then quickly buried at sea, in a stunning finale to a furtive decade

on the run.

Obama administration officials said DNA evidence confirmed the death. White House officials were mulling the merits and appropriateness of releasing a photo.

Three adult males were also killed in the raid, including one of bin Laden's sons, whom officials did not name. U.S. officials also said one woman was killed when she was used as a shield by a male combatant, and two other

women were injured.

The compound is about half a mile from the Kakul Military Academy, an army-run institution for top officers in the bustling, hill-ringed town of around 400,000 people.

Officials said bin Laden was killed at a compound north of Islamabad. White House counterterrorism adviser John Brennan said that U.S. forces would have taken bin Laden alive if they had the opportunity.

THE ASSOCIATED PRESS

## Americans celebrate killing of bin Laden

Joyous at the release of a decade's frustration, Americans streamed to the World Trade Center

and the White House to celebrate the death of Osama bin Laden — cheering, waving flags and belting the national anthem.

In front of the White House, a crowd gathered before President Barack Obama addressed the nation late Sunday to declare, "Justice has been done."

THE ASSOCIATED PRESS

JACQUELYN MARTIN/THE ASSOCIATED PRESS



► A man looks at newspapers at the Newseum in Washington after Osama bin Laden was killed.

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# RIM on the ropes with new phones




- Debuts BlackBerry Bold models and PlayBook apps
- But analysts say it's not enough in cutthroat market

Research In Motion may be waiting too long to debut its new generation of BlackBerry models early next year in the competitive smartphone market, analysts say.

"The BlackBerry phones need a fresh start now," Sascha Segal, PC Magazine's lead mobility analyst, said yesterday from the BlackBerry World Conference in Orlando, Fla. "Without a major change to their software, they're not going to attract new developers and consumers."

The Canadian smartphone maker announced two new BlackBerry Bold models with an upgraded operating system and some software applications at its annual conference.

## Market moment

TSX	Dollar
	
- 10.28 (13,934.51)	- 0.49¢ (105.17¢ US)
Oil	Natural gas
	1,000 cu ft
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with the same operating system as its new PlayBook tablet. The QNX system is expected to give users a better web experience and allow them to run multiple software applications.

RIM has seen its market position decline, especially in North America.

Technology analyst Anil Doradia of U.S.-based William Blair & Co. says the market and trends could very well change by the time RIM launches its new smartphones, and RIM will have to make good on its promises for the QNX-based BlackBerrys.

"From an investor's point of view, it will be a credibility issue," he said.

THE CANADIAN PRESS

However, it's not what analysts believe is critical to RIM's future. In early 2012, RIM will launch a line of BlackBerry "super phones"

## Clipped. Wings



## Air India pilots stand their ground

Air India's 800 pilots refused to work for a sixth day yesterday, defying a court order that they call off the labour action. The pilots are demanding higher pay and an investigation into mismanagement that they say has brought losses of more than 160 billion rupees (\$3.4 billion). Air India says the strike is costing the company about 12 million rupees (\$258,000) a day.

RAFIQ MAQBOOL/THE ASSOCIATED PRESS

## Chrysler back from the brink

Chrysler has reported first-quarter net income of \$116 million and revenue

of \$13.1 billion, its first profit since leaving bankruptcy two years ago.

Chrysler last reported a net profit in 2006.

THE ASSOCIATED PRESS

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# TRYING TO CATCH UP FOR LOST TIME

## SHE SAYS ...

JESSICA NAPIER  
METRO



We all have bad habits: Smoking, nail biting, littering. For me, procrastination is one particular vice that I would like to give up for good — if I could just get

around to it.

They say don't do tomorrow what you can do today. And I try, I really do. I repeat this mantra over and over again, but I always wind up pushing those nagging tasks to the back of my mind until it's too late. When faced with an unwanted chore I'm too willing to delegate the task to Future Jessica.

I thought that once I had pulled my final all-nighter and left my student lifestyle behind I would stop cramming for exams and grow out of my counterproductive tendencies. And yet here I am, years later and I'm still leaving things to the last minute.

There are tons of tasks — both big and small — that I avoid day in and out. From scrubbing out the dirt in between the keys on my MacBook to changing the light bulb that burnt out in 2009, there is no chore I won't ignore. I have become a certified hesitator, an expert dawdler.

**“There are tons of tasks — both big and small — that I avoid day in and out. From scrubbing out the dirt in between the keys on my MacBook to changing the light bulb that burnt out in 2009 there is no chore I won't ignore. I have become a certified hesitator, an expert dawdler.”**

Why do so many of us spend our time avoiding the inevitable?

There are plenty of excuses; perhaps you “work best under pressure” or are easily distracted or there just aren't enough hours in the day. But I think we all realize that, ultimately, procrastination isn't really about time management at all.

The desire to postpone those less than exciting tasks doesn't come down to scheduling; it's all about choice, and maybe a little

anxiety. I didn't file my tax return at 8 p.m. on April 30 because I didn't have time; it was because I really, really didn't want to do it.

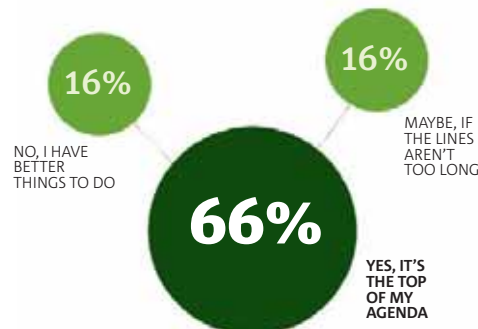
Knowing you should do something and putting it off regardless is a psychological problem, not an organizational one.

Starting the job, whether it's an unruly pile of laundry or a long list of emails that need replies, is always the hardest part. The key is to reframe these tasks in your mind — don't focus on the hard work associated with studying for a test but the satisfaction you will get from finishing it.

When we take the time (pun intended) to rethink our reasons for delaying and dilly-dallying then we might actually figure out how to move past this bad little habit ... eventually.

Read more of Jessica Napier's columns at [metronews.ca/shesays](http://metronews.ca/shesays)

Register at  
**metrolifepanel.ca**  
and take the quick poll  
**Are you hitting the polls Monday?**



## Worth mentioning

**NEW YORK.** Governments worldwide are developing new tools to censor reporters as the media increasingly moves online, the Committee to Protect Journalists said yesterday.

In a report released on the eve of today's World Press Freedom Day, the committee said 69 journalists whose work appears mostly online were jailed as of Dec. 1, representing almost half of all reporters imprisoned worldwide.

The press advocacy group said the sophisticated censorship techniques are often coupled with physical intimidation of online journalists.

“These sophisticated, often invisible, attacks constitute a new front in the fight for press freedom,” said Danny O'Brien, CPJ Internet Advocacy Co-ordinator and the report's author.

O'Brien said the techniques go well beyond web censorship, with governments using the Internet to spy on writers and sabotage independent news sites. “The aim is not only to censor but to block or disrupt the reporting process and the dissemination of news and information,” he said. **THE ASSOCIATED PRESS**

## Cartoon by Michael de Adder



## WEIRD NEWS

### Treasure trove unearthed in backyard

A trove of medieval jewelry and other precious objects found by a man working in his backyard includes pieces made for a royal court and may be worth as much as \$142,000, Austrian government experts said yesterday.

The officials from Austria's department of national antiquities and the Academy of Sciences said they were only at the beginning of their investigation into the provenance and other

details of the find.

“We have in front of us high-end products (made) for the highest consumer class of central Europe” of the Middle Ages, academy member Thomas Kuehtreiber told reporters as security guards revealed some of the rarer pieces.

The Federal Office for Memorials said the trove consists of more than 200 rings, brooches, ornate belt buckles, gold-plated silver plates and other pieces or fragments, many encrusted with pearls, fossilized coral and other ornaments. It says the objects are about 650 years old. The location of the find lies on an important medieval trading route that ran between Poland and Italy, officials said.

**THE ASSOCIATED PRESS**



2  
scene

## Scene in brief



Teen star Selena Gomez has been announced as co-host of next month's MuchMusic Video Awards. The Wizards of Waverly Place star will also perform at the annual bash, to be held June 19. Gomez will share the hosting duties with MuchMusic VJs.

THE CANADIAN PRESS



Charlie Sheen tours tornado damage in Alabama, says he wants to organize relief event

# No easy workouts for actress Mendes

► New EasyTone products from Reebok help give a boost to work out routine by providing extra resistance



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"I'm just like everyone else," says Eva Mendes. "I do not enjoy going to the gym, but I do it because I have to do it for my mind, for my body, for my soul, and for my career."

And that fitness is not on her list of fun things to do makes the actress a relatable spokesperson for Reebok EasyTone, the athletic-wear brand's line of toning apparel and shoes.

"What I like about EasyTone is that they help me fit more exercise in when I'm running around," Mendes explains in a recent interview with Metro.

"Easy" may be part of the Reebok toning technology name, but don't make the mistake of thinking this is clothing that works hard FOR you. In fact, it's apparel that makes YOU work harder. Although the shoe looks like a regular sneaker, the EasyTone shoe sole features an air chamber that compresses as it hits pavement. It simulates the balance ball movement, creating an imbalance that forces the

## Where to buy

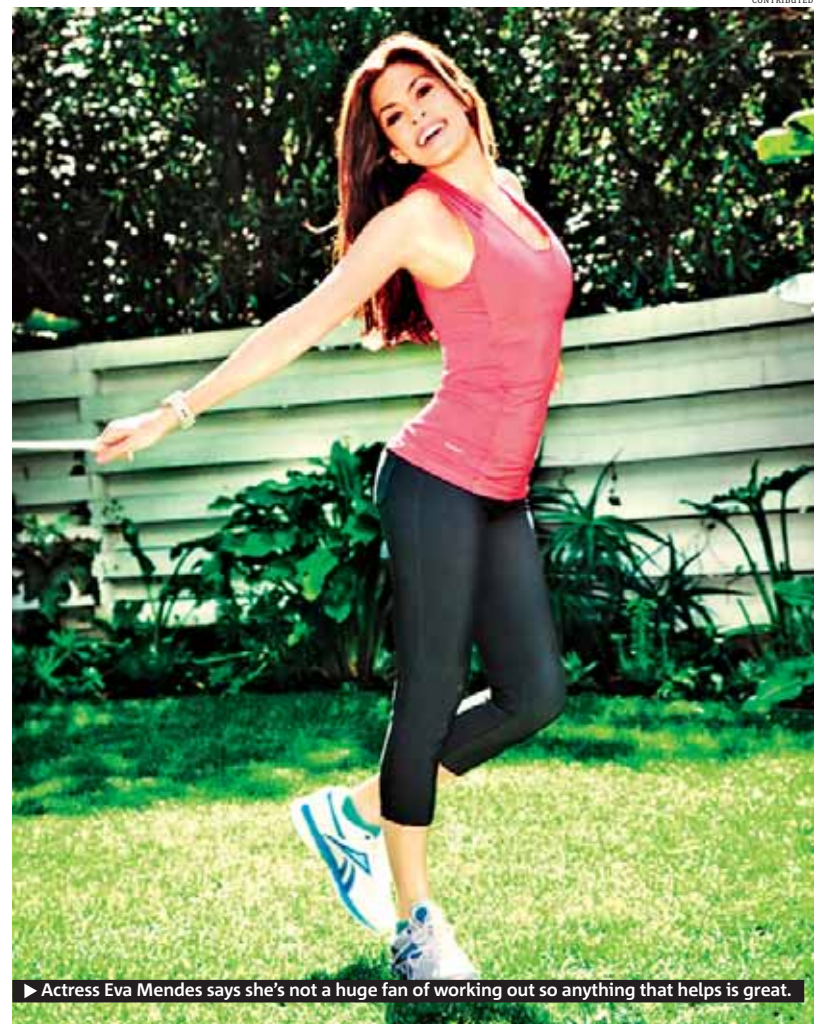
► **Sport Chek.** The EasyTone shorts are \$54.99, EasyTone shoes are \$109.99, and the EasyTone Sleeveless top is \$64.99. Available at Sport Chek locations across Canada.

wearer to work a little harder as she walks.

"I love the idea of killing two birds with one stone. You're already going to be out there running errands, running around with your kids or your dog," notes Mendes, who says she wears hers to walk and hike. "So why not use a shoe that helps you out and tones you up a bit while you're doing it?"

The clothing features high-tech tension fabric bands at the shoulders, between the shoulder blades, at the torso, and, in the pants, at the hamstrings, to create muscle resistance as the wearer walks or runs.

"The thing I love about the clothes is that they support everything, give you a nice shape, and remind you to maintain your posture," says Mendes.



► Actress Eva Mendes says she's not a huge fan of working out so anything that helps is great.

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# Bieber not so eggcellently treated by Aussies

Justin Bieber is having a rough time in Australia.

An audience member at a recent concert reportedly pelted the stage with eggs, nearly hitting the teen sensation with two of them, according to X17 Online.

But the seasoned performer didn't miss a beat at Saturday night's performance in Sydney.

Then on a plane traveling from Sydney to Melbourne, Bieber was reportedly labeled a flight risk for refusing to stay in his seat when the seatbelt sign was illuminated as the plane was taxiing before takeoff, according to Sky News.

A Qantas flight attendant reportedly told

Bieber that he "had been treated like one." • METRO acting like a child and would therefore be



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Huffington Post.  
"This was a wild and

pivotal time in my life and I couldn't be more



▶ Justin Bieber

thrilled to go down the rabbit hole with Steven," Tatum says in a statement. Tatum spent some time in his hometown working as an exotic dancer before he was discovered by a model talent scout in Miami.

• METRO



BACK TO POLE

## Tatum to take it off in new film

Channing Tatum is returning to his exotic dancer roots for a new project.

The actor, who worked as a stripper before hitting it big, will star in Steven Soderbergh's next film, Magic Mike, about an exotic dancer and his protégé, according to the

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3  
life

## Vitamins



When it comes to buying dietary supplements, advice from the pharmacy is far more reliable than advice from health food stores. A study found that the amount of advice that was accurate from health food stores was seven per cent.

● CELIA MILNE



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ISTOCK PHOTOS

► Taking a multivitamin is connected with the habit of indulgence, a new study shows.

# Health or hedonist

► People taking multivitamins tend to reward themselves with hard partying, study shows



**CELIA MILNE**  
LIFE@METRONEWS.CA

Maybe we're all on a health teeter-totter. When we do something healthy, we often follow it up with something unhealthy.

Call it normal human behaviour.

An intriguing new study in Taiwan has shown that people who have taken a multivitamin tend to reward themselves by indulging in unhealthy behaviour (such as partying).

In the study, 82 people were divided into two groups: those who were told they were taking a multivitamin and those who weren't. The vitamin supplement group was more likely to take part in risky behaviours such as casual sex, sunbathing, wild parties, and excessive drinking than the group that didn't think they were taking a multivitamin. Those who thought they were taking a supplement also had a lower desire to exercise, to have a healthy meal, or to go for a

**"People may simultaneously seek to maintain good physical health and to pursue the hedonic goal of leading a pleasurable life."**

DR. WEN-BIN CHIOU

long walk.

"In general," lead author Dr. Wen-Bin Chiou of National Sun Yat-Sen University told Metro in an email, "people may simul-

taneously seek to maintain good physical health and to pursue the hedonic goal of leading a pleasurable life. But after achieving ostensible progress toward the health goal by taking dietary supplements, they may feel entitled to reduce their efforts in this regard and pursue pleasurable activities."

Taking a multivitamin seems to be connected with the notion of invulnerability and indulgence.

The phenomenon works in reverse as well. "On the other hand," he

notes, "engagement in activities that pose health risks tends to motivate individuals to engage in acts that will restore health." An example of this is overeating and then taking a diet pill.

Chiou warns that people who take vitamin supplements need to be aware of the vicious cycle of doing something they perceive as healthy followed by an act of self-indulgence.

The study is to be published soon in the journal Psychological Science.

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### Today's studies

#### Shopping

Scientists at the Taiwan National Health research institute claim that nipping out to the shops could be good for your health. An enjoyable way to get exercise (walking), shopping reflects several aspects of personal wellbeing such as health and financial security. The study was based on over 65s, so if we can learn a lesson in longevity, it's to start shopping as soon as possible.



#### Coffee

Your post dinner coffee could be doing more than preventing you from falling asleep. Researchers at the University of Guelph, found that drinking coffee right after a fatty meal doubled blood sugar levels to a level similar to that of those at risk of diabetes. The study showed that saturated fat interfered with the body's ability to clear sugars from the bloodstream. When combined with caffeinated coffee, the impact is even worse.



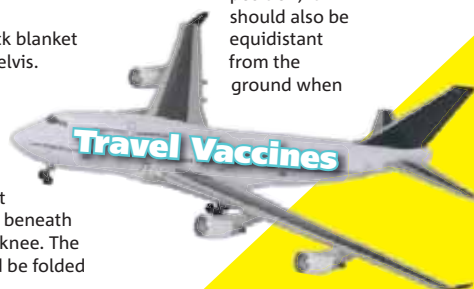
### What you do:

The pose's main focus is the upper back, so if you are suffering from back pain or similar conditions, use it yet be careful.

- 1 Sit with a thick blanket under your pelvis.
- 2 Cross the shins while widening the knees so that each foot is neatly kept beneath the opposite knee. The thighs should be folded inwards.
- 3 Keep your feet relaxed so that the inner arches are beneath the opposite shin. The leg fold of Sukhasana will be complete when you find a triangle formed by your two thighs and crossed shins when you

look down.

- 4 Maintain an adequate gap between your pelvis and your feet. While your pelvis should be in a neutral position, it should also be equidistant from the ground when



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compared with the pubic bone.

- 5 Your hands can be stacked on your lap

with palms facing upwards or the wrists can be on your knees with palms facing downwards, gently assisting you in maintaining an erect spine. Do not excessively arch your lower back and point your lower front ribs in front.

- 6 Alternatively shift the leg crossing as you relax in the Easy Pose. You may do this yoga pose for any length of time you find

comfortable.

STEPHANIE KNUTSSON,  
BODIISM YOGA INSTRUCTOR

### Thoughts on ... Fun

**LIGHTEN UP.** Have you forgotten how to have fun?

Play is serious business for kids, so take some cues from the children in your midst. They approach their play time and flights of imagination with a kind of abandon most adults have forgotten is possible.

Not only do we become boring when we don't make the time for fun, we also become unhappy. If you have trouble letting go of worries and responsibilities, imagine that you've sealed your cares in a box for a few hours and then go out and pursue the activity that makes your heart sing. **NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW.**

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# For richer, for poorer, for debtor

## ON MONEY



ALISON GRIFFITHS  
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Kate and Will's nuptials kicked off the wedding season in fine, al-

beit expensive, style. If you're thinking of following suit — even if you can't afford the dress — you will, no doubt, have a long To Do list.

One item at the top should be, wait for it, checking out each other's

credit report.

I suggested this recently at a women's conference. "That is sooo intimate!" declared one attendee. "Too intimate!" agreed another.

True enough. Exposing this side of your life — especially if there's an underbel-

ly to it — is the ultimate test of a relationship. But knowing each other's credit score and history avoids unpleasant surprises. Most couples want to buy a home together and will apply for a line of credit or joint credit cards. Before you do, it's important to know if there are any financial skeletons lurking.

A couple I worked with on my television show, Maxed Out, had been together two years when they applied for a mortgage. Up popped a raft of delinquent, and unrevealed, loans on the women's credit report. They bought the house but had to borrow from a higher interest lender. Eventually the financial stress caused by the payments



felled their marriage. But I also think a corrosive sense of betrayal and guilt over the undisclosed loans weakened the underpinnings of their marriage.

Examining your credit report annually is a good practice in any case. My husband and I just discovered that our truck loan, paid off last year, still lingers as unpaid.

The government requires the two major credit reporting agencies, Tran-

sUnion — [www.transunion.ca](http://www.transunion.ca) and Equifax — [www.equifax.ca](http://www.equifax.ca) to provide free credit reports. You have to apply by mail. A full credit report, plus your credit score, score will cost you around \$25 from either agency and you can apply on-line.

It may not seem very romantic but a credit report check-up is an important step for couples who want to build a sound financial foundation.

### Money rule

▶ A pre-nuptial credit check can save pain and shame down the road.



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How can you resist a slogan like, "Eat rice — live forever?"

I couldn't. Walls as bright as a box of popsicles contrast beautifully with the dark wood benches at Rice Bowl Deluxe.

The smiling cashier waited patiently as I scanned the equally bright displays of dishes.

She recommended the Shanghai noodle bowl and I agreed to the shrimp (\$9.95) with an appetizer of six pork spring rolls (\$4.99). The fresh blueberry fruit smoothie (\$4.69) of milk and pearls was a happy afterthought.

My quickly-produced order looked and smelled great. I gnawed a couple of thin, crisp spring rolls with the occasional dip of tangy pineapple sauce.

The top third of the noodles in the wide bowl was intertwined with thick shrimp and crisp sliced vegetables. All was bathed

in a satisfying yellow curry heat.

However, the deeper levels of exclusively curried noodles could have used some more surprises.

I will certainly return — and possibly even try the rice (and live forever?)!

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**Hometown:**  
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**Together since:**  
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Everyday, all day, I (Jodi) sat at the hospital.

I spent most of my time in the ICU's waiting room

as I was not allowed to stick around when the doctors were in with my mom.

After a week straight of being there, seeing the same people day in, day out, I met a family whose son (Angelo) had been in a terrible car accident and was in an induced coma.

Over the next month, I saw them everyday and always asked about their son, as they did my mother.

A few weeks later, my mom and Angelo were released from the ICU and moved to different wards in the hospital.

One day, as I was leaving after a visit with my mother, I ran into Angelo and his sister in the elevator, and

we finally met face to face.

Soon after, Angelo and I were bumping into each other regularly around the hospital, and I started visiting him in his room.

When Angelo was released from the hospital in July 2008, we exchanged numbers and began talking on the phone.

Our first "dates" were spent watching movies at his house as he wasn't yet in any condition to go out.

It's been three years since our fated meeting, and we are now living together.

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► Jodi and Angelo's love story began in a hospital.

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Game 2. Bruins win

▶ Boston's Brad Marchand takes a shot on goal against the Flyers last night.

PAUL BERESWILL/GETTY IMAGES

## Krejci's OT goal gives Bruins 2-0 lead in series

David Krejci scored 14:01 into overtime and the Boston Bruins beat Philadelphia 3-2 last night to take a 2-0 lead in the Eastern Conference semifinal series. Tim Thomas was phenomenal in net, stopping 46 straight shots after the Flyers took a quick 2-0 lead. Krejci fired a one-timer from one knee that ricocheted off the back of the net and back onto the ice. Play continued until officials could review the call. But the goal was clearly good. **THE ASSOCIATED PRESS**

4  
sports

### Quoted



**"Everybody wants more from Alex. I think he's trying out there. He's working hard. What are you going to say? ... We need more from everybody. We don't just need more from Alex."**

**CAPITALS COACH BRUCE BOUDREAU REJECTED THE NOTION THAT ALEX OVECHKIN HAS TO DO MORE IF HIS TEAM IS GOING TO COME BACK TO BEAT THE LIGHTNING AFTER LOSING THE FIRST TWO GAMES.**

# Defensive battle

- Both Vancouver Canucks and Nashville Predators expect stingy defence to continue
- Canucks allowed a league-fewest 185 goals all season, Predators were third with 194

In Nashville, it's dubbed the Predator Way: Work hard, scrap, defend at all costs and score just enough timely goals to win.

Nashville certainly isn't changing its ways in the Western Conference semifinals.

"We're OK with the hard stuff," Nashville coach Barry Trotz said yesterday after practice. "If anybody's been around us

... we haven't done anything easy ever. The harder it gets, it might sound sick, but we get really good when it gets hard. Great resiliency, and I expect us to up our compete level and conviction level even higher."

The Predators evened their series with Vancouver at 1-1 by pushing the Canucks into double overtime before winning 2-1 Saturday night. Only three



CANUCKS



PREDATORS

▶ Time: 7 p.m.  
Channel: CBC

goals have been scored in the first two games, and the Canucks are bracing

for more of the same tonight for Game 3.

These teams feature two of the three Vezina Trophy finalists; Canucks goalie Roberto Luongo and Pekka Rinne of Nashville. Vancouver may have scored more goals in the regular season than anyone in the NHL, but the Canucks also held opponents to a league-fewest 185 goals. Nashville was third, allowing 194.

Canucks coach Alain Vigneault said both teams also play very well without the puck.

"There's not a lot of room. There's not a lot of time out there to make plays, and (Rinne is) a good goaltender. You've got to give him credit. I didn't expect coming into this these would be high-scoring games, and they haven't been so far," he said. **THE CANADIAN PRESS**

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Tampa Bay 3 Washington 2 (OT)  
Tonight's game  
Washington at Tampa Bay, TBA  
Wednesday's game  
Washington at Tampa Bay, 7 p.m.  
Saturday, May 7  
x-Tampa Bay at Washington, 12:30 p.m.  
Monday, May 9  
x-Washington at Tampa Bay, TBA  
Wednesday, May 11  
x-Tampa Bay at Washington, TBA

PHILADELPHIA VS. BOSTON

(Boston leads 2-0)  
Last night's result  
Boston 3 Philadelphia 2 (OT)

Tomorrow's game  
Philadelphia at Boston, 7 p.m.

Friday's game  
Philadelphia at Boston, 8 p.m.

Sunday, May 8  
x-Boston at Philadelphia, 3 p.m.

Tuesday, May 10  
x-Philadelphia at Boston, TBA

Thursday, May 12  
x-Boston at Philadelphia, TBA

WESTERN CONFERENCE

VANCOUVER VS. NASHVILLE

(Series tied 1-1)  
Saturday's result  
Nashville 2 Vancouver 1 (2OT)

Tonight's game  
Vancouver at Nashville, 9 p.m.

Thursday's game  
Vancouver at Nashville, 8:30 p.m.

Saturday, May 7  
Nashville at Vancouver, 8 p.m.

Monday, May 9  
x-Vancouver at Nashville, TBA

Wednesday, May 11  
x-Nashville at Vancouver, TBA

SAN JOSE VS. DETROIT

(San Jose leads 2-0)  
Sunday's result  
San Jose 2 Detroit 1

Tomorrow's game  
San Jose at Detroit, 8 p.m.

Friday's game  
San Jose at Detroit, 7 p.m.

Sunday, May 8  
x-Detroit at San Jose, 8 p.m.

Tuesday, May 10  
x-San Jose at Detroit, TBA

Thursday, May 12  
x-Detroit at San Jose, TBA

x — if necessary.

BRUINS 3, FLYERS 2 (OT)

First Period  
1. Philadelphia, van Riemsdyk 6 (Giroux, Zherdev) 0:29  
2. Philadelphia, van Riemsdyk 7 (Briere, Timonen) 9:31 (pp)  
3. Boston, Kelly 4 (Ryder, Kaberle) 12:50  
4. Boston, Marchand 4 (Bergeron, Recchi) 14:15  
Penalties — Thomas Bos (delay of game; served by Lucic) 0:48, Shelley Pha (boarding) 3:37, Campbell Bos (holding) 8:49, Krejci Bos (roughing), Versteeg Pha (holding) 15:04.

Second Period  
No Scoring.  
Penalty — Hartnell Pha (slashing) 17:27.  
Third Period  
No Scoring.  
Penalties — Marchand Bos (cross-checking) 3:21, Chara Bos (roughing) 17:21.  
First Overtime  
5. Boston, Krejci 4 (Horton) 14:00  
Penalties — None.  
Shots on goal by  
Boston 16 13 7 5 41  
Philadelphia 14 8 22 10 54  
Goal (shots-saves) — Boston: Thomas (W,6-3-0); Philadelphia: Boucher (L,4-3-0)(35-32), Brovsky (11:01 second)(6-6).  
Power plays (goals-chances) — Boston: 0-2; Philadelphia: 1-4.  
Referees — Eric Furlatt, Marc Joannette.  
Linesmen — Derek Amell, Pierre Racicot.  
Attendance — 19,962 (19,537).

SCORING LEADERS

	G	A	PT
Giroux, Pha	1	11	12
P.Bergeron, Bos	2	9	11
St. Louis, TB	5	5	10
Lecavalier, TB	4	6	10
Cammalleri, Mtl	3	7	10
Briere, Pha	7	2	9
Clowe, SJ	4	5	9
Marchand, Bos	4	5	9
Downie, TB	2	7	9
Datsyuk, Det	2	6	8
Perry, Ana	2	6	8
Purcell, TB	1	7	8
van Riemsdyk, Pha	7	0	7
Selanne, Ana	6	1	7
D.Sedin, Vcr	5	2	7
Burrows, Vcr	4	3	7
Kelly, Bos	4	3	7
Ovechkin, Wash	4	3	7
Couture, SJ	2	5	7
Gagne, TB	2	5	7
Gagnani, Buf	1	6	7
S.Koivu, Ana	1	6	7
Horton, Bos	4	2	6
Keith, Chi	4	2	6
Krejci, Bos	4	2	6
Fisher, Nash	3	3	6
Ward, Nash	3	3	6
Bolland, Chi	2	4	6

HOCKEY

IIHF

MEN'S WORLD CHAMPIONSHIP

Yesterday's results  
At Bratislava  
Denmark 6 Czech Republic 0  
Finland 3 Latvia 2 (SO)  
At Kosice  
Sweden 3 Austria 0  
U.S. 4 Norway 2  
Sunday's results  
At Bratislava  
Russia 6 Slovenia 4  
Germany 4 Slovakia 3  
At Kosice  
Canada 9 France 1  
Switzerland 4 Belarus 1  
Today's games  
At Bratislava  
Slovenia vs. Germany, 10:15 a.m.  
Russia vs. Slovakia, 2:15 p.m.  
At Kosice  
Canada vs. Switzerland, 10:15 a.m.  
France vs. Belarus, 2:15 p.m.

Getzlaf, Ana	2	4	6
Hossa, Chi	2	4	6
Recchi, Bos	2	4	6
J.Thornton, SJ	2	4	6
Brewer, TB	1	5	6
P.Kane, Chi	1	5	6
Laich, Wash	1	5	6
Myers, Buf	1	5	6
M.Richards, Pha	1	5	6
Timonen, Pha	1	5	6
I.White, SJ	1	5	6
Vanek, Buf	5	0	5
Bergenheim, TB	4	1	5
Pavelski, SJ	4	1	5
Semin, Wash	4	1	5
Doan, Phx	3	2	5
Clifford, LA	3	2	5
Gionta, Mtl	3	2	5
Leino, Pha	3	2	5
Sharp, Chi	3	2	5
Stamkos, TB	3	2	5
S.Weber, Nash	3	2	5
Frolik, Chi	2	3	5
Heatley, SJ	2	3	5
Holmstrom, Det	2	3	5

TENNIS

MADRID OPEN

At Madrid  
MEN  
Singles  
First Round  
Gael Monfils (9), France def. Ivo Karlovic, Croatia, 6-3, 7-6 (6).  
John Isner, U.S., def. Mardy Fish (11), U.S., 7-6 (5), 4-6, 7-6 (3).  
Flavio Cipolla, Italy, def. Andy Roddick (12), U.S., 6-4, 6-7 (7), 6-3.  
Michael Llodra, France, def. Sam Querrey, U.S., 6-2, 6-3.  
Pere Riba, Spain, def. Kei Nishikori, Japan, 6-2, 6-4.  
Adrian Mannarino, France, def. Juan Ignacio Chela, Argentina, 4-6, 6-4, 6-4.  
Sergiy Stakhovsky, Ukraine, def. Albert Montanes, Spain, 7-6 (6), 3-6, 7-6 (5).  
Marin Cilic, Croatia, def. Potito Starace, Italy, 7-6 (5), 6-4.  
Xavier Malisse, Belgium, def. Victor Hanescu, Romania, 3-6, 6-4, 7-5.  
Thiermo de Bakker, Netherlands, def. Juan Carlos Ferrero, Spain, 2-6, 7-5, 6-4.  
Marcos Baghdatis, Cyprus, def. Alejandro Fal-la, Colombia, 6-3, 3-6, 7-6 (5).  
Daniel Gimeno-Traver, Spain, def. Richard Gasquet, France, 3-6, 6-4, 6-3.  
WOMEN  
Singles  
First Round  
Li Na (6), China, def. Maria Jose Martinez Sanchez, Spain, 6-4, 7-6 (6).  
Alisa Kleybanova, Russia, def. Shahar Peer (9), Israel, 6-3, 6-2.  
Iveta Benesova, Czech Republic, def. Barbora Zahlavova Strycova, Czech Republic, 6-3, 6-2.  
Roberta Vinci, Italy, def. Olga Govortsova, Belar-us, 6-4, 6-0.  
Lucie Safarova, Czech Republic, def. Anabel Medina Garrigues, Spain, 6-2, 2-6, 7-6 (3).  
Second Round  
Vera Zvonareva (2), Russia, def. Elena Vesni-na, Russia, 0-6, 6-3, 6-3.  
Victoria Azarenka (4), Belarus, def. Sofia Arvidsson, Sweden, 6-1, 6-1.  
Maria Sharapova (8), Russia, def. Ekaterina Makarova, Russia, 6-3, 3-6, 6-1.  
Aranxa Parra Santonja, Spain, def. Andrea Petkovic (13), Germany, 6-2, 7-6 (5).

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
New York	17	9	.654	—
Tampa Bay	15	13	.536	3
Baltimore	13	14	.481	4½
Boston	13	15	.464	5
Toronto	13	15	.464	5
CENTRAL DIVISION				
	W	L	Pct	GB
Cleveland	19	8	.704	—
Kansas City	15	13	.536	4½
Detroit	12	17	.414	8
Chicago	11	19	.367	9½
Minnesota	9	18	.333	10
WEST DIVISION				
	W	L	Pct	GB
Los Angeles	16	13	.552	—
Oakland	16	13	.552	—
Oakland	15	14	.517	1
Seattle	13	16	.448	3

Yesterday's results  
Oakland 5 Texas 4 (10 ins)  
N.Y. Yankees 5 Detroit 3  
Boston 9 L.A. Angels 5  
Chicago White Sox 6 Baltimore 2  
Sunday's results  
Cleveland 5 Detroit 4  
N.Y. Yankees 5 Toronto 2  
Boston 3 Seattle 2  
L.A. Angels 6 Tampa Bay 5  
Baltimore 6 Chicago White Sox 4  
Kansas City 10 Minnesota 3  
Oakland 7 Texas 2  
Tonight's games  
Toronto (Jo-Reyes 0-2) at Tampa Bay  
(W.Davis 3-2), 6:40 p.m.  
N.Y. Yankees (Sabathia 2-1) at Detroit (Penny 1-3), 7:05 p.m.  
L.A. Angels (Haren 4-1) at Boston (Lester 3-1), 7:10 p.m.  
Baltimore (Bergesen 0-3) at Kansas City (Francis 0-3), 8:10 p.m.  
Minnesota (Liriano 1-4) at Chicago White Sox (E.Jackson 2-3), 8:10 p.m.  
Cleveland (Carmona 2-3) at Oakland (T.Ross 1-2), 10:05 p.m.  
Texas (Ogando 3-0) at Seattle (Bedard 1-4), 10:10 p.m.

LACROSSE

NLL PLAYOFFS

All times Eastern

DIVISIONAL SEMI-FINALS

EAST DIVISION  
Sunday's result  
Toronto 10 Rochester 8  
Saturday's result  
Buffalo 11 Boston 10  
WEST DIVISION  
Saturday's results  
Calgary 10 Colorado 6  
Washington 14 Minnesota 8  
DIVISIONAL FINALS  
Saturday, May 7  
EAST DIVISION  
Toronto at Buffalo, 7:30 p.m.  
WEST DIVISION  
Washington at Calgary, 9:30 p.m.  
CHAMPIONSHIP  
Champions Cup  
East vs. West champions, TBA

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Florida	18	9	.667	—
Philadelphia	18	9	.667	—
Atlanta	15	15	.500	4½
Washington	14	14	.500	4½
New York	12	16	.429	6½
CENTRAL DIVISION				
	W	L	Pct	GB
St. Louis	16	13	.552	—
Cincinnati	14	14	.500	1½
Milwaukee	13	15	.464	2½
Pittsburgh	13	15	.464	2½
Chicago	12	15	.444	3
Houston	11	17	.393	4½
WEST DIVISION				
	W	L	Pct	GB
Colorado	17	9	.654	—
Los Angeles	14	15	.483	4½
San Francisco	13	15	.464	5
Arizona	12	15	.444	5½
San Diego	11	17	.393	7

Last night's games  
Atlanta 6 Milwaukee 2  
Florida 6 St. Louis 5  
Washington 2 San Francisco 0  
Houston at Cincinnati (ppd., rain)  
Pittsburgh at San Diego  
Chicago Cubs at L.A. Dodgers  
Sunday's results  
Washington 5 San Francisco 2  
Atlanta 6 St. Louis 5  
Houston 5 Milwaukee 0  
Pittsburgh 8 Colorado 4  
Arizona 4 Chicago Cubs 3  
Florida 9 Cincinnati 5  
San Diego 7 L.A. Dodgers 0  
N.Y. Mets 2 Philadelphia 1 (14 ins)  
Tonight's games  
Washington (L.Hernandez 3-2) at Philadelphia (Hamels 3-1), 7:05 p.m.  
Houston (Happ 1-4) at Cincinnati (Leake 3-0), 7:10 p.m.  
Milwaukee (Estrada 1-0) at Atlanta (Hanson 3-3), 7:10 p.m.  
San Francisco (Vogelsong 1-0) at N.Y. Mets (Dickey 1-3), 7:10 p.m.  
Florida (Ani.Sanchez 1-1) at St. Louis (McCl-el-an 4-0), 8:15 p.m.  
Colorado (De La Rosa 4-0) at Arizona (J.Saunders 0-3), 9:40 p.m.  
Pittsburgh (Karstens 2-1) at San Diego (Latos 0-4), 10:05 p.m.  
Chicago Cubs (Dempster 1-3) at L.A. Dodgers (Billingsley 2-1), 10:10 p.m.

SOCCER

SPAIN

LA LIGA  
Yesterday's result  
Espanyol 2 Athletic Bilbao 1

ITALY

SERIE A

Yesterday's result  
Lazio 0 Juventus 1  
EUROPEAN CHAMPIONS LEAGUE  
SEMIFINALS — Second Leg  
Today's game  
Barcelona (Spain) vs. Real Madrid (Spain), 2:45 p.m.

NBA

PLAYOFFS

All times Eastern  
SECOND ROUND  
(Best-of-7 series)  
EASTERN CONFERENCE  
Chicago (1) vs. Atlanta (5)  
(Atlanta leads 1-0)  
Last night's result  
Atlanta 103 Chicago 95  
Miami (2) vs. Boston (3)  
(Miami leads 1-0)  
Sunday's result  
Miami 99 Boston 90  
Tonight's game  
Boston at Miami, 7 p.m.  
WESTERN CONFERENCE  
L.A. Lakers (2) vs. Dallas (3)  
Last night's result  
Dallas at L.A. Lakers  
Oklahoma City (4) vs. Memphis (8)  
(Memphis leads 1-0)  
Sunday's result  
Memphis 114 Oklahoma City 101  
Tonight's game  
Memphis at Oklahoma City, 9:30 p.m.

GOLF

WORLD GOLF RANKING

Through May 2			
1. Lee Westwood	ENG	8.22	
2. Martin Kaymer	GER	7.55	
3. Luke Donald	ENG	7.27	
4. Phil Mickelson	USA	6.55	
5. Graeme McDowell	NIR	5.65	
6. Rory McIlroy	NIR	5.54	
7. Tiger Woods	USA	5.54	
8. Paul Casey	ENG	5.49	
9. Steve Stricker	USA	5.49	
10. Bubba Watson	USA	5.24	
11. Matt Kuchar	USA	5.24	
12. Charl Schwartzel	SAF	5.08	
13. Dustin Johnson	USA	5.07	
14. Jim Furyk	USA	4.79	
15. Nick Watney	USA	4.61	
16. Ernie Els	SAF	4.34	
17. Adam Scott	AUS	4.21	
18. Ian Poulter	ENG	4.12	
19. Francesco Molinari	ITA	4.07	
20. Hunter Mahan	USA	4.05	
21. Martin Laird	SCO	3.99	
22. Martin Karlsson	SWE	3.98	
23. Miguel Angel Jimenez	ESP	3.92	
24. Jason Day	AUS	3.87	
25. Retief Goosen	SAF	3.80	

LPGA MONEY LEADERS

Through May 1			
1. Yani Tseng	6	\$570,478	
2. Karrie Webb	6	\$492,863	
3. Stacy Lewis	6	\$425,405	
4. Sandra Gal	5	\$328,015	
5. I.K. Kim	5	\$271,144	
6. Maria Hjorth	4	\$270,980	
7. Michelle Wie	5	\$258,881	
8. Morgan Pressel	6	\$228,693	
9. Na Yeon Choi	5	\$220,551	
10. Jiayi Shin	5	\$217,112	
11. Cristie Kerr	6	\$217,029	
12. Paula Creamer	6	\$197,306	
13. Angela Stanford	6	\$194,753	
14. Suzann Pettersen	5	\$183,496	
15. Song-Hee Kim	6	\$178,374	
16. Sun Young Yoo	6	\$169,484	
17. Brittany Lincicome	6	\$169,159	
18. Amy Yang	6	\$146,749	
19. Juli Inkster	6	\$133,194	
20. Katie Futcher	4	\$128,610	
21. Mika Miyazato	5	\$117,964	
22. Mindy Kim	4	\$104,440	
23. Anna Nordqvist	5	\$100,739	
24. Katherine Hull	6	\$85,388	
25. Catriona Matthew	4	\$82,444	



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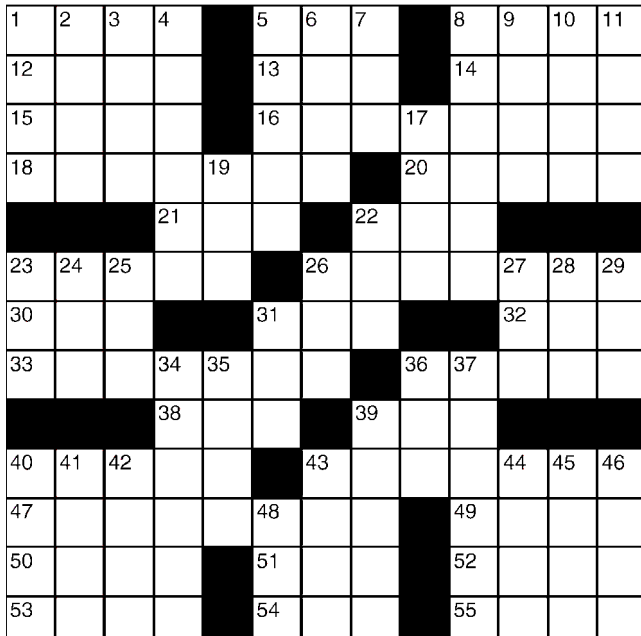




## Crossword

### Across

- 1 Teen's woe  
5 "El —"  
8 Hand warmer  
12 Haul behind  
13 Modern-day evidence  
14 Norway's capital  
15 Deep sound from a bell  
16 "Swiss Family —"  
18 Big name in TV dinners  
20 Exposed  
21 Resistance measure  
22 Energy  
23 Canyon  
26 Noted NYC avenue  
30 Lawyers' org.  
31 Lustrous black  
32 Exist  
33 Springfield surname  
36 Moolah  
38 Choose  
39 Baby food  
40 Flight component  
43 State capital on the Pearl River  
47 "Locksley Hall" poet  
49 Beige  
50 Oodles  
51 — out a living  
52 Right on the map?  
53 Longings  
54 Slithery fish  
55 Experts  
**Down**  
1 Tosses in  
2 Cornfield invader  
3 "Peter Pan" pooch  
4 One full of Christmas spirit?  
5 PC insert  
6 Privy to



- 7 Slight touch  
8 Address for a French friend  
9 Cold War abbr.  
10 Iceberg chunk  
11 Loving  
17 Footnote abbr.  
19 That woman  
22 Cistern  
23 Petrol  
24 Kimono closer  
25 Aries  
26 Chaps  
27 Pouch  
28 Bobby of hockey lore

- 29 Born  
31 Make marginalia  
34 "1,000 — of light"  
35 Agile  
36 Fond du —, Wis.  
37 Maintenance  
39 "What's My Line?" group  
40 Remain  
41 Far (Pref.)  
42 Unsigned (Abbr.)  
43 Gag  
44 Cicatrix  
45 Approximately  
46 Crazy  
48 Witness

### ► Yesterday's answer



## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### Yesterday's answer ►



## Send a KISS

You can now post your kiss, and read even more kisses, online at [metronews.ca/kiss](http://metronews.ca/kiss).

To Hermosa Caracolita Heleny. I love you so much my beautiful little snail girl! You're the most special and beautiful I've ever had in my whole life and all I want to have forever! Thanks for giving me the opportunity to be in your life! You make me the happiest man in the entire universe! I Love You!! Never forget it!! From Tu Eternamente Enamorado CARLITOS

Dear honey bunny, i know that you always do sudoku and other stuff in metro, and i wanted you to know that im really happy that savage introduced us last year. love you lots <3 From YOUR OTHER HALF Rudy, In the past three years we have been through a lot. We have hurt eachother in more ways than one. I hope our friendship last a lifetime. I will always have a special place for you in my heart. From BEST FRIEND

## A look at the weather



### Michele McDougall Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 6AM



## Today's horoscope

♈ **Aries** March 21-April 20 You need to get serious about your cash flow situation.

♉ **Taurus** April 21-May 21 Aim for the sky today and for the rest of the week — you'll reach it with ease.

♊ **Gemini** May 22-June 21 You don't have to do anything special, but you do have to think — deeply.

♋ **Cancer** June 22-July 22 Think of all the times you've held back in the past and regretted it. Act now.

♌ **Leo** July 23-Aug. 23 If you are in any way dissatisfied with your lot, now is the time to make changes.

♍ **Virgo** Aug. 24-Sept. 22 Be positive at all times and in all things, and you'll thrive.

♎ **Libra** Sept. 23-Oct. 23 If money is a problem don't be afraid to ask others for assistance — they'll help because they believe in you.

♏ **Scorpio** Oct. 24-Nov. 22 Be more open about what you desire.

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

♐ **Sagittarius** Nov. 23-Dec. 21 Do something today that brings the freshness back into your life.

♑ **Capricorn** Dec. 22-Jan. 20 No matter how cautious you may be most of the time this is a day when you can be bold.

♒ **Aquarius** Jan. 21-Feb. 18 Your home life is a bit tense at the moment.

♓ **Pisces** Feb. 19-March 20. Just trust that fate in its wisdom knows what you need. It always does. ● SALLY BROMPTON

## Caption contest



## WIN! You write it!

Write a funny caption for the image above and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.

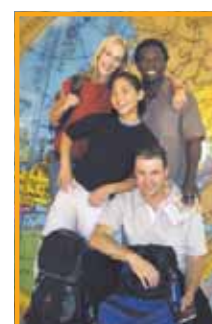
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